

**ABSTRACT**

Techniques to control data transmissions to efficiently utilize the available air-link resources. In accordance with a method for controlling a data transmission between a transmission source (e.g., a base station) and a receiving device (e.g., a remote terminal), a current transmission at a current data rate for a current transmission interval is received. An average throughput for the data transmission is then updated to reflect the current transmission at the current data rate. The updated average throughput is compared against a threshold throughput (which has been previously characterized) supported by the receiving device. If the average throughput exceeds the threshold throughput, the transmission source is signaled to (temporarily) stop the data transmission. Subsequently, after the average throughput has dropped below the threshold throughput, the transmission source can be signaled to resume the data transmission.